



August Menu, Week 1 - PALEO: Grocery List

Serves 4

1. Meal 1: Italian Foil Packets w/ Roasted Cauliflower & Broccoli
2. Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, Walnuts & Goat Cheese
3. Meal 3: Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa
4. Meal 4: Beef Kabobs w/ Zucchini & Tomatoes
5. Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Scramble w/ Avocado-Tomatillo Salsa
7. Snack: Strawberries & Walnuts
8. Dessert: Mango & Blueberry Popsicles



Herbs

1 bunch cilantro (3,6)
1 head garlic (1,3,6)



Fruits

1 pint blueberries (5,8)
½ pint raspberries (2)
2-3 lemons (1,5)
1 orange (5)
1# strawberries (7)



Dairy (optional)

5oz goat cheese crumbles (2)



Pantry

4T white wine (1)*
(OR sub veg/chicken broth)*
wooden/ metal skewers (4)



Veggies

1 whole fennel (1)
1 head broccoli (1)
(option to buy pre-cut)
1 head cauliflower (1)
(option to buy pre-cut)
1 cucumber (2)
2 zucchini (4)
2 bell peppers (6)
(mixed colors)
2 just soft lg avocados (3,5,6)
1 jalapeño (3,6)
1# tomatillos (3,6)
16oz cherry tomatoes (1,4)
8oz sliced mushrooms (6)
2 portobello mushrooms (3)
1 shallot (1)
1 yellow onion (3,6)
1 red onion (3)
1 bunch curly kale (5)
1 head bibb lettuce (3)
16oz spinach (2,3,6)



Meats

4 boneless, skinless chicken breasts, 5-7oz ea (2)
1# grassfed beef sirloin steak (4)
1# ground bison (3)
(OR sub ground beef)



Nuts & Seeds

1½c chopped walnuts (2,7)
¼c pumpkin seeds (5)



Oils & Vinegars

~1¾c olive oil
½c balsamic vinegar (2)
¼c red wine vinegar (4)



Spices

~2T Italian seasoning (1,2)*
1T taco seasoning (3)*
2T cumin (4)
1T oregano (4)
~1½T paprika (1,4)
½T turmeric (4)
1tsp coarse sea salt (5)



Seafood

4 salmon fillets, 4-6oz ea (1)
(skinless preferred)



Eggs

6 eggs (6) (omega-3)



Frozen

10oz frozen mango (8)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



August Menu, Week 1 - PALEO: Prep Day

Preheat oven to 400 F. (2,3,6)



Mango: Place 10oz frozen mango chunks at room temperature to defrost, 30-45 minutes. (8)

Balsamic Chicken Marinade (2)

Whisk together: $\frac{1}{4}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + 1T Italian seasoning + S&P, to taste

Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30 min and up to 4 hours. (2)



Garlic: Finely chop 4 cloves garlic, set aside half for the lettuce wraps (3) & half for the breakfast scramble (6). (3,6)

Lettuce Wraps: Slice portobello mushrooms & red onion into thin strips. Place in a container and add $\frac{1}{2}$ the chopped garlic. [*] (3)

Breakfast Scramble: Finely dice 2 bell peppers & $\frac{1}{2}$ of yellow onion. Place in a container, add the remaining chopped garlic. [*] (6)

Spinach Salad: Chop 1 cucumber into $\frac{1}{2}$ " pieces, for ~1c. Set aside. (2) (Option: slice extra cuke for a snack.)

Salsa: Remove husks from 1# tomatillos & cut in half. Cut jalapeño in half, lengthwise, removing $\frac{1}{2}$ to all seeds (depending on how spicy you prefer salsa). Remove skin off 2 garlic cloves, leaving whole. Separate each layer of remaining half of yellow onion. (3,6)

Foil packets: Halve 8oz cherry tomatoes. Dice 1 shallot & mince 2 garlic cloves. Slice 1 fennel bulb & mince fronds (~1T). [*] (1)

Kale Salad: Remove leaves from stems of 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside. Dice 1 avocado. Zest 1 lemon & 1 orange (about 1tsp of each). Set avocado & zest aside for kale salad & save citrus for juicing. (5)

Bibb Lettuce: Separate leaves for wraps. Store wrapped in a damp paper towel. [*] (3)

Broccoli & Cauliflower: Cut both heads into florets and toss with 1T olive oil, 1tsp paprika & S&P to taste. [*] (1)

Kabobs: Cut 2 zucchini into ~1" bite-sized pieces. Store. [*] (4) Cut 1# beef sirloin into 1-2" cubes, set aside. (4)



Salsa (3,6)

Place husked tomatillos, halved jalapeño, $\frac{1}{2}$ onion & 2 cloves garlic on a baking pan. Drizzle w/ 1-2T of olive oil.

Roast at 400 F for ~30 min. Set aside. (3,6)

Balsamic Chicken (2)

Remove chicken from marinade and place in a lightly oiled baking pan. Roast at 400 F for 30 minutes or until cooked to 165 F.

Allow to cool. [*] (2)



Popsicles (8)

Blend 10oz thawed mango chunks until smooth. Pour into popsicle molds, filling $\frac{3}{4}$ full. Gently add 6-8 blueberries to each popsicle pushing into popsicle (using $\frac{1}{2}$ pint of blueberries, reserving $\frac{1}{2}$ pint for the kale salad). Place stick in popsicle, freeze. [*] (8)

Salsa (3,6)

Place the following in a blender:

- Roasted veggies (tomatillo, $\frac{1}{2}$ yellow onion, jalapeño & garlic)
- 2 handfuls of cilantro

Blend until just turning smooth.

Add 1 large avocado and blend until just combined. Add salt to taste. [*] (3,6)



Balsamic Dressing: Whisk together: 1/2c olive oil + 1/4c balsamic vinegar + pepper to taste. [*] (2)

Citrus Vinaigrette: Whisk together: 1/4c olive oil + juice of 1 orange + juice of 1 lemon. Set aside. (5)

Kabob Marinade: Whisk together: 1/4c olive oil + 1/4c red wine vinegar. [*] (4)



Kale Salad (5)

In a mixing bowl, combine 1 bunch chopped kale leaves with 1-2T olive oil & 1tsp coarse sea salt. Using your hands massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.

Toss 1 diced avocado with the citrus vinaigrette.

Toss together all salad ingredients: kale + citrus zest + avocado + citrus vinaigrette + 1c blueberries + 1/4c pumpkin seeds. [*] (5)

Spice Mix for Kabobs (4)

Combine:

- 2T cumin
- 1T paprika
- 1T oregano
- 1/2T turmeric
- fresh ground black pepper (4)

Rub spice mix into beef cubes to taste. [*] (4)

Spinach Salad w/ Chicken (2)

Layer in container as follows:

- ~3oz spinach (reserve remaining spinach for bison wraps & breakfast scramble)
- 1/4 pint raspberries
- 1/2 chopped cucumber
- 1/4c chopped walnuts
- 1/2 goat cheese crumbles, optional

Repeat layers. [*] (2)

KEY - [*]: store in container, label & refrigerate for use later in week



August Menu, Week 1 - PALEO: Dish Day

Day 1

Italian Salmon Foil Packets w/ Roasted Cauliflower & Broccoli (1)

1. Preheat oven to 400 F. Lay out 4 large pieces of foil (big enough to fold over fish/veggies) and brush lightly with olive oil.
2. Divide 1 pint sliced cherry tomatoes + 1 diced shallot + 2 minced garlic cloves + 1 sliced fennel bulb amongst the 4 pieces of foil.
3. Fold foil edges up to keep in juices and drizzle each with 1tsp lemon juice and 1T white wine/ broth.
4. Option to remove skin from salmon fillets and then place one piece on top of each veggie packet.
5. Lightly brush salmon w/ olive oil & season each with 1tsp fennel fronds, ½tsp Italian seasoning, and S&P.
6. Seal foil edges around around fish & veggies to make a "packet" (see tutorial here: <http://prepdish.com/salmonpouch/>).
7. Place on sheet pan and bake for ~18-20 mins or until fish is opaque & flaky.
8. On parchment lined sheet pan, place broccoli & cauliflower in single layer. Roast for ~18-20 min, tossing halfway through.

Day 2

Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, Walnuts & Goat Cheese (2)

1. Set balsamic dressing at room temperature for 15-30 minutes. Shake well.
2. Divide salad among 4 bowls. Slice balsamic roasted chicken and add 1 breast to each salad. Top w/ dressing as desired.

Day 3

Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa (3)

1. Heat 1tsp oil in large sauté pan over medium-high heat.
2. Add 1# ground bison, onion & garlic. Cook for ~3-4 min, breaking apart meat. Add portobello mushrooms & cook 8-10 min.
3. Add 1T taco seasoning + 3 large handfuls baby spinach, stir well & cook down for 2-4 more minutes (on low to medium heat).
4. Season to taste w/ salt (~½ tsp). Serve in bibb lettuce w/ avocado-tomatillo salsa.

Day 4 *Requires 1 hour - 24 hours marinating time*

Beef Kabobs w/ Zucchini & Tomatoes (4)

1. Marinate seasoned beef cubes in red wine marinade for at least 1 hour or up to 24 hours.
 2. Soak wooden skewers for ~30 mins. Preheat grill.
 3. Skewer beef, zucchini & 8oz cherry tomatoes.
 4. Grill kabobs for ~10-12 minutes, or until beef is just cooked through/ desired doneness, flipping halfway through cooking.
- Note: Skewers may also be cooked on an indoor grill (like a George Foreman) or broiler, but reduce time by ~3-4 minutes.

Salad

Massaged Kale Salad w/ Blueberries & Pumpkin Seeds (5)

Breakfast

Veggie Scramble w/ Avocado-Tomatillo Salsa (6)

1. Heat 1tsp oil in large sauté pan over medium-high heat. Add 8oz sliced mushrooms, chopped bell pepper, yellow onion & garlic.
2. Cook for ~6-8 minutes, lower heat if needed. Meanwhile, crack 6 eggs into a bowl & whisk well.
3. Add any remaining baby spinach (2-3 large handfuls) to the pan, allowing to cook down.
4. Pour eggs into pan with cooked veggies, moving around (scrambling) w/ spatula and cooking until no longer runny, ~3-4 mins.
5. Season to taste w/ salt (~½ tsp) & pepper. Serve w/ avocado-tomatillo salsa.

Snack

Strawberries & Walnuts (7)

1 serving = 1c strawberries + ¼c walnuts

Dessert